

Finding a Therapist with Medicaid Insurance





Medicaid covers mental health services such as therapy! One of the most convenient way to find a therapist is through searching which therapists are accepting Medicaid (or any other insurances) online!

Note: If you are viewing this on your device, click the underlined text and it will take you to the website!

01/Using online therapist databases to help find an in-network therapist

The following websites (out of so many other websites) have built-in **filters** for you to choose which insurance you have, then it will generate innetwork therapists who accept Medicaid, which means they are mental health professional who can offer you therapy at a low-cost (your copay can range from \$0-\$75)!!

- Psychology Today
- Headway
- Zen Care
- Psychology Today Headway



/02 A simple 3-step guide on how to find a local therapist on *Psychology Today*

Step 1: Search the following keywords on Google

Google

psychology today therapist who accept medicaid near Durham NC

Note: Including your location to search for therapist allows for in-person and virtual therapy options. If virtual therapy is what you would like at the moment, feel free to leave out your location and search "NC", or "North Carolina". Doing this, Google will show you more therapists from farther away but still takes Medicaid North Carolina.

Step 2: Locate this destination on Psychology Today



Psychology Today

https://www.psychologytoday.com > therapists > durh...

Medicaid Therapists in Durham County, NC



Step 3: Customize your therapy experience using these following filters and select your therapist!

Medicaid Therapists in Durham County, NC See all therapists in Durham County Issues Gender Types of Therapy Age Price More							
				Ethnicity Served	Sexuality	Language	Faith
				Black and African American	LGBTQ+	Spanish	Christian
Hispanic and Latino	Lesbian	Hindi	Secular and Non-Religious				
Asian	Bisexual	French	Buddhist				
Native American		Urdu	Jewish				
Show More Ethnicities		Show More Languages	Show More Faiths				

Note: Here is another <u>article</u> from NPR on how to find a therapist



Reminder: Click the underlined

/03 There are so many types of therapy out there, how do I choose the one for me?



We know starting your therapy journey could be a tad overwhelming at first... given there are so much information on the types of therapy. No worries! Here is a list of resources for you to

learn all about your needs and therapy types:

- Understanding psychotherapy and how it works
- <u>Types of Therapy</u>
- <u>Types of Therapy: Choosing the Right One for You</u>
- How Do I Find a Good Therapist?
- The 13 Best Online Therapy Services That Are <u>Tried</u>, <u>Tested</u>, <u>and Expert-Approved</u>